

Dear LCPCM Members,

It's 2024 and LCPCM is working hard for you! We are happy to see new members joining both the organization and the board. I would like to extend a big welcome to Casey Bennett to the role of acting board secretary. Casey has been active on the board for a while, working for the past few years on the comp guide "Becoming a Professional Counselor in Maryland" ([access the guide here](#)).

The legislative session is currently in progress, bringing with it the possibility of positive changes for all counselors in Maryland. Please keep an eye out for "action items" or calls for support in a public comment forum. Your legislators need to hear from you!

LCPCM is also engaging in outreach with counseling programs in various Maryland colleges and universities. Our goal is to provide support and information for students entering the counseling field so they are prepared for the licensing process- from grad school to LCPC (and supervision).

LCPCM continues to offer multiple continuing education opportunities for counselors; with both in-person and virtual options. Webinars are currently being planned for the year and we hope to continue tapping into our members for trainings. Please reach out to LCPCM if you have a training you would like to share! We plan on moving toward monthly events, so please stay tuned. LCPCM also continues to offer supervision training on a quarterly basis and trained 223 clinicians last year. The next training is scheduled this month.

Returning this Spring, LCPCM is happy to host Michael Heady, LCPC, Co-Director and Co-Owner of the Anxiety and Stress Disorders Institute of Maryland. Michael facilitated an engaging and informative LCPCM Fall conference in 2020. Our upcoming 2024 Spring Conference will be held in person in Columbia, MD. Entitled "A New Perspective on OCD", Michael's presentation will focus on Inference-Based CBT (I-CBT), an evidence-based alternative to behavioral approaches that does not entail deliberate or distressing exposures. Registration recently opened, so please check out our website if you are interested (or you can access it directly [here](#)).

It brings me great joy to see all the work that LCPCM does for counselors in Maryland, none of which would be possible without all of you! Our organization is driven by membership, so please consider joining if you are not already a member ([join here](#)). I look forward to seeing what this coming year will bring and hope to see you all at the conference in April.



LCPC, NCC, Board Approved Supervisor

LCPCM President president@lcpcm.org

Featured Member



Dr. Kizzy Pittrell, received her doctorate degree in education from Argosy University in Washington DC. Dr. Pittrell received her Master of Counseling from Towson University and Bachelor of Science in Psychology from Bowie State University. Dr. Pittrell is a Licensed Professional Counselor, an Approved Drug and Alcohol counselor, and an Approved Clinical Supervisor in Maryland. Dr. Pittrell has worked in the community sector providing mental health and addiction counseling and treatment to adults and adolescents for 20 years. Currently, Dr. Pittrell is owner of Strengthening Families Building Communities outpatient mental health program. Dr. Pittrell is also part-time professor in the human service and psychology programs at both Baltimore City Community College and Anne Arundel Community College. Dr. Pittrell is also a trained mental health first aid instructor for the National Council for Mental Wellbeing. In addition, Dr. Pittrell has conducted several discussions and training related to grief, trauma, COVID, and effective ways to cope with mental illness. Dr. Pittrell is passionate about educating the community about mental health and reducing the stigma of mental health. In her spare time Dr. Pittrell loves exercise, spending time with family, and reading. She is also an author & publisher of a children's book about maternal depression. She is past President of the Maryland Counselors Association Social Justice committee and Member-at-Large for the Licensed Professional Counselors of Maryland.

Each month we will feature a member of LCPCM and ask them to share with us information about their work, inspiration, and self-care.

If you would like to be featured, send a picture and a short summary to mylcpcm@gmail.com.

Virtual Committee Positions Available

Professional Development Committee

Chair-Hillary Alexander, LCPC

Membership Committee

Chair-

Graduate Student and LGPC Service Committee

Chair-Dr. Saundra Lynch Ervin

Strategic planning Committee

Chair-Angela Mazer

National Issues

Chair-Larry Epp, LCPC

Contact mylcpcm@gmail.com to get in touch with committee Chairs.

LCPCM ListServ

If you are a member and are not currently receiving or able to send listserv emails and wish to, please send an email to mylcpcm@gmail.com. We will confirm that your membership is current and you will be added and sent instructions on how to use ListServ.

Upcoming Events

SPRING CONFERENCE

Friday, April 19, 2024 9:30 AM - 4:30 PM | Columbia, MD
Presenter: Michael Heady, LCPC, "A New Perspective on OCD"
Morning Session 9:15 am-12:15 pm
Buffet Luncheon Afternoon Session 1:30 pm-4:30 pm

2-Day SUPERVISION TRAINING with Marsha Riggio, PhD

Thursday, May 2-3, 2024 9:30 AM | Online Zoom

Registration available soon

2-Day SUPERVISION TRAINING with Marsha Riggio, PhD

Thursday, July 18-19, 2024 9:30 AM | Online Zoom

Training

Conferences

We are pleased to announce that the [Supervision 2 day Training Program](#) (18 CEU's) will be offered in January, March, May, July, September, and November. Please check the website for dates and registration.

A New Class, Supervision Refresher Course will be offered annually beginning in 2023. Please check the website for dates and registration.

Webinars are offered on a variety of topics. Each webinar provides 2 or 3 CEU's. See website for details.

[Semi-Annual Conferences](#) are offered in April and October each year. 6 CEU's are provided usually with a morning speaker and a different afternoon speaker. In addition, legislative updates and information are provided. You will be notified by email when registration is available.

If you have any suggestions on topics and/or speakers, let us know at mylcpcm@gmail.com.

CLICK TO FIND OUT WHAT LCPCM CAN DO FOR YOU!

Supervision Subsidy | Advocacy | Affordable CEU's | Supervision Training | Membership Directory | Professional Liability Insurance | Leadership Opportunities | LGPC Student Liaison | Classified Ads | ListServ | Comprehensive Guide to Becoming a Professional Counselor in Maryland

If you are unable to find what you are looking for on the website, please contact our business manager, Sharon Nailey at mylcpcm@gmail.com.

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